



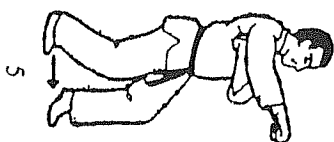
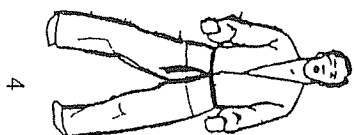
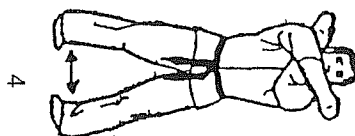
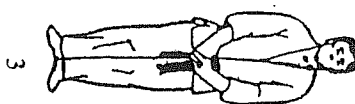
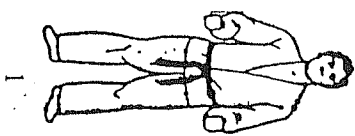
Pinan San

START

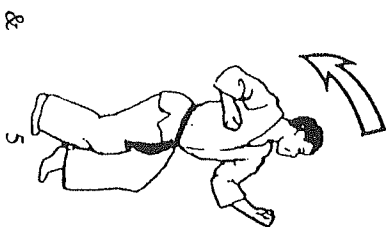
'MOKUSO' 'PINAN SAN'

'YOI' (open eyes)

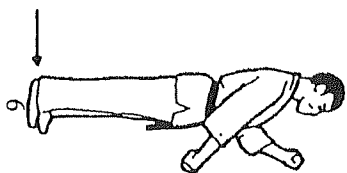
IBUKI



count
ICHI



count
NI

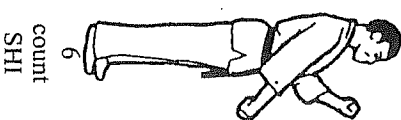


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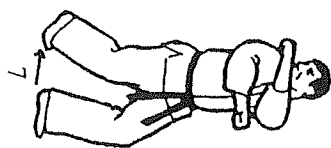


count
SAN

&



count
SHI



&



count
GO



8

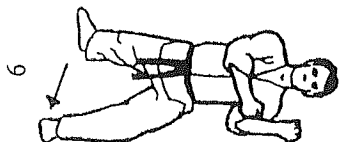
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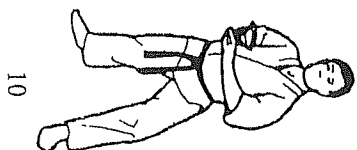
count
ROKU



count
SHICHI

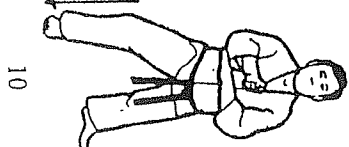


count
HACHI

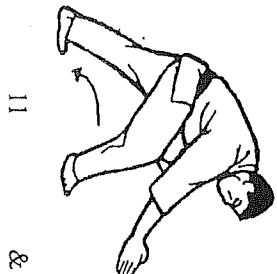


10

&



count
KU

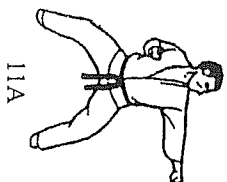


11

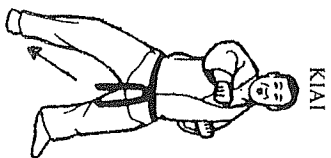
&



11



11A

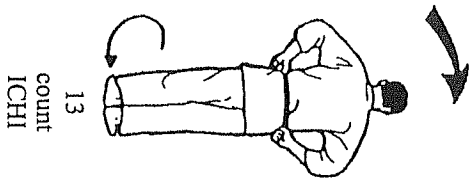


KIAI

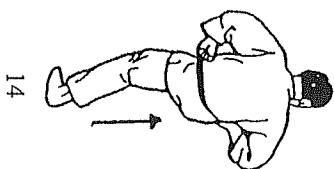
count
JU

12

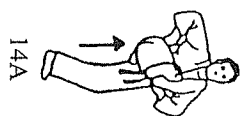
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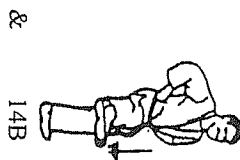
13
count
ICHI



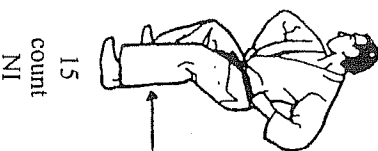
14



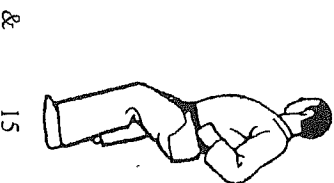
14A



14B



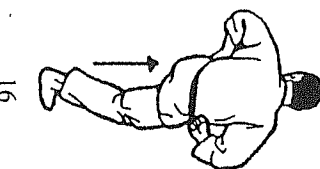
15
count
NI



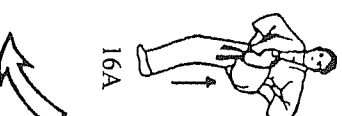
15
count
SAN



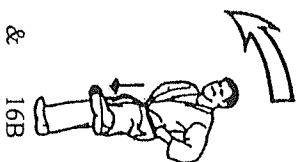
15A



16



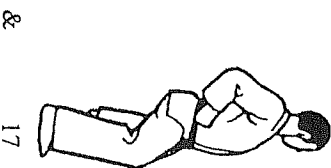
16A



16B



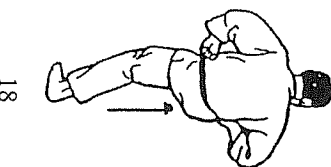
17
count
SHI



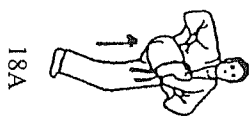
17
count
GO



17A



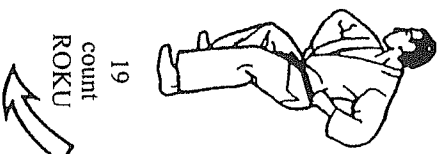
18



18A



18B



19
count
ROKU



19
count
SHICHI



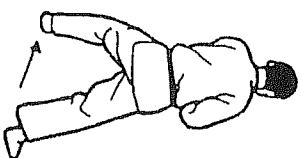
18A



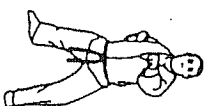
20



20A



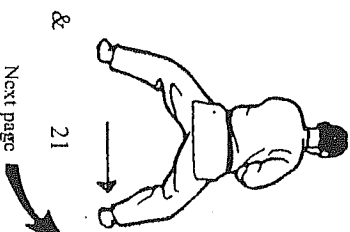
20
count
HACHI



20B

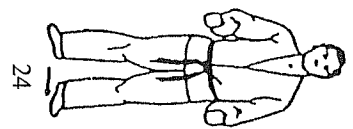
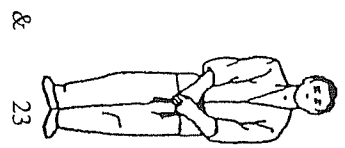
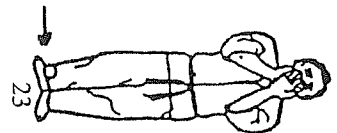
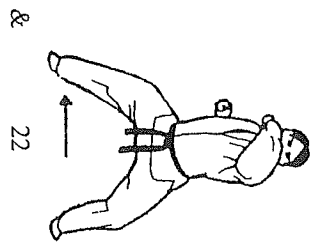
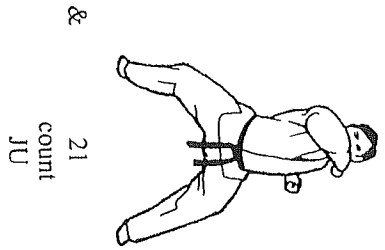
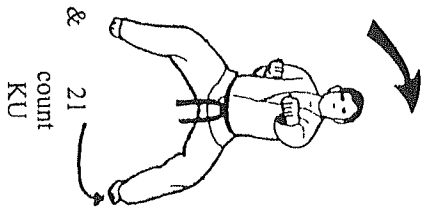


21



21

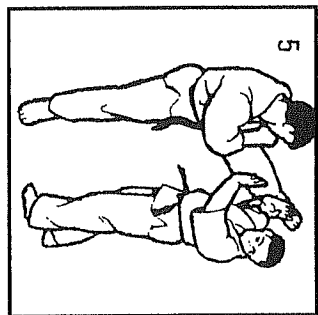
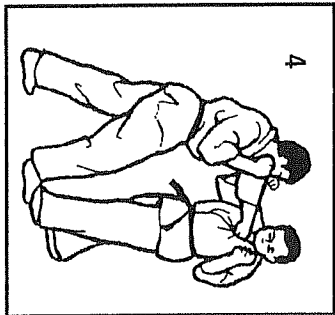
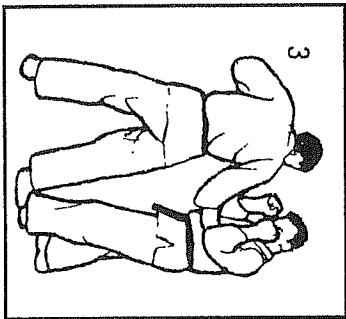
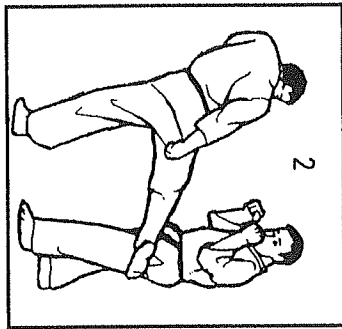
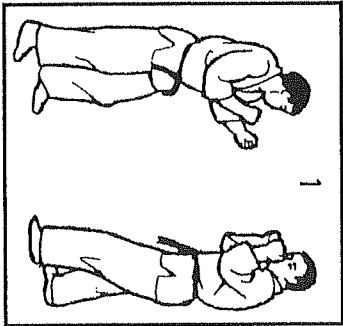
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END

KIAI
'NAORF'

'YASUME'



Remaku

PINAN SAN

- 1) *Fudo dachi*
- 2) "Mokuso,"
- 3) "Pinan san, (eyes open) yoi"
- 4) *Uchi hachi ji dachi, ibuki*
- 5) *Pivot on right leg anti-clockwise 90° into left kokutsu dachi; block left seiken chudan uchi uke.*
- 6) *Step forward into musubi dachi. Right fist to seiken gedan barai position, block right seiken chudan uchi uke/left seiken gedan barai then right seiken chudan uchi uke/left seiken gedan barai.*
- 7) *Pivot on left leg clockwise 180° into right kokutsu dachi, block right seiken chudan uchi uke.*
- 8) *Step forward into musubi dachi left fist to seiken gedan barai position, block left seiken chudan uchi uke/right seiken gedan barai then left seiken gedan barai/right seiken chudan uchi uke.*
- 9) *Pivot on the right leg anti-clockwise 90° into zenkutsu dachi. Block left seiken morote chudan uchi uke (right fist on the centre of the forearm palm up).*
- 10) *Step forward into right zenkutsu dachi, block left osai uke, strike right chudan yohon nukite (left open palm down under right elbow).*
- 11) *Pivot on right leg anti-clockwise 180° into kiba dachi, simultaneously executing shotei ashi barai (hooking the opponent's leg). Turn head to the left, strike left tetsui yoko uchi (fist starting under the armpit).*
- 12) *Step forward into right zenkutsu dachi. Strike seiken chudan oi tsuki, kiai.*
- 13) *Pivot on right leg anti-clockwise 180° into musubi dachi, placing both fists on hips.*
- 14) *Hold this position for a count of six, kick right jodan chusoku mae geri, return leg to bent position, kick right kansetsu geri, step forward with the right leg into kiba dachi.*
- 15) *Block right kata uke, strike right jodan uraken yoko uchi.*
- 16) *Kick left jodan chusoku mae geri, return leg to bent position, kick left kansetsu geri.*
- 17) *Step forward with the left leg into kiba dachi, block left kata uke, strike left jodan uraken yoko uchi.*

- 18) Kick right jodan chusoku mae geri, return leg to bent position, kick right kansetsu geri.
- 19) Step forward with the right leg into kiba dachi, block right kata uke, strike right jodan uraken yoko uchi
- 20) Pivot 90° clockwise into right zenkutsu dachi, step forward into left zenkutsu dachi, strike seiken left chudan oi tsuki
- 21) Take right leg next to left leg and step across into kiba dachi, pivot on right leg anti-clockwise 180° into kiba dachi, strike right jodan hiji ate, fist resting on left shoulder, palm down.
- 22) Jump off the right leg and across to the right into kiba dachi, strike left jodan hiji ate, fist resting on right shoulder palm down, kiai.
- 23) Naore- Step back into musubi dachi.
- 24) Yasume – Step into judo dachi. **END**